



# The CIAC Paddle

## *Helping You Navigate the IA Continuum*

11<sup>th</sup> Edition, February 2013 - Supplement



### ***“Top Ten” Focus Area #4 Rest and Recuperation (R&R) Policy***

***Explains the SECDEF policy on R&R, defines R&R leave guidance and requirements, and sets the IA Sailor’s expectations.***

#### **Boots On Ground**

**a) What is Secretary of the Defense (SECDEF) R&R policy guidance?**

- Allow at least 15 days consecutive leave out of every 365 days of deployed orders if operationally feasible as determined by the unit commander (see CENTCOM Regulation Number 600-21 below).

**b) R&R Leave**

- Leave consists of not more than 15 consecutive days (excluding travel time).
- Leave non-chargeable from Afghanistan and Iraq (chargeable from elsewhere).
- Leave starts the day after you arrive at your destination and ends the day before you start travel back.
- Transportation to and from leave (any desired location worldwide that major airlines fly to) is provided at Government expense.
- Eligibility for R&R leave begins after the first 60 days in theater and ends prior to the final 60 days in theater.
- R&R leave cannot be combined with any other leave, liberty or other unofficial travel.
- R&R cannot be shortened without special permission from Army Central Command (ARCENT), your FWD HQ and CTF-IA.

**c) Requirements for CENTCOM and JTF Horn of Africa (HOA)**

- 270 days Boots-On-Ground (BOG) minimum and
- Total IA orders of greater than or equal to 365 days (includes NMPS in-processing, training, BOG, WTP, NMPS out-processing and travel)\*

**\* Policy changed Jan 2012**

**d) Reserve Component (RC) Orders**

- Although orders state Sailor is mobilized for one year, satisfying the 365-day R&R eligibility requirement is established by summation of total days listed for each component in the orders.
- Demobilization orders will be issued 90 days prior to departure from theater and will reflect the actual time on orders (normally less than 365 days).

**e) Questions: Email [USFF IA Support](#).**

**f) For more information see [CENTCOM Regulation Number 600-21](#) on Leave, Liberty and Unofficial Travel Policy for the CENTCOM AOR.**